

Bulletin Board #3

If possible, use a photo taken in the hospital of a new mom and baby from one of your teen classes. If possible, use a picture of the mom breastfeeding her baby.

Colostrum: your first milk is your baby's first immunization

Colostrum: the yellow or golden first breastmilk

Your baby receives colostrum in his first few days of life before mother's mature milk comes in.

Colostrum: The ONLY food your baby needs the first few days.



Colostrum helps protect your baby against disease.